

Platoon on verge of NBA finals

'Jaiteng' rareport again, says bishop

Avoiding injuries in step aerobics

Federer extends Subic lease to 2010

Among magawara ng diplay: tawag sa HSH

HQ: 100-100-100-100-100-100

May polls push INQ7.net traffic to 10.6M page views

By Kevin Llanos, G. Diaz
INQ7.net

INQ7.net's popularity has been steadily growing since its launch in January 2004. In the May 18 elections, INQ7.net's traffic rose to 10.6M page views, a daily record for the site.

PHILIPPINE DAILY INQUIRER

BALANCED NEWS. FEARLESS VIEWS.

GMA makes secret trip to Cebu, seeks Vidal help

By John R. Bulosan, Business Development and Marketing, GMA-7

GMA-7's secret trip to Cebu to seek the help of its former president, Vidal, is a move to help the network's recovery after its recent setbacks.

www.inquirer.com.ph

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website: www.inq7.net



Left: A group of men, including President Arroyo, are gathered around a table to examine the first batch of ballot boxes to be used in the 2004 elections. Right: A group of men, including President Arroyo, are gathered around a table to examine the first batch of ballot boxes to be used in the 2004 elections.

Poe camp cries foul over joint committee

By Christine G. Bernaldo, Christine G. Bernaldo and Cynthia D. Balana

THE Poe camp is crying foul over the joint committee that will oversee the 2004 elections.

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24 ballot boxes opened; 199 to go

Worst-case scenario: Canvassing over by 3rd week of June

By Christine G. Bernaldo and Cynthia D. Balana

IT TOOK 18 minutes to open the first ballot box. Hours later, 24 boxes were opened. 199 to go.

At 10:00 a.m., the first ballot box was opened. The first ballot box was opened. The first ballot box was opened.

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Rare sky show: Venus crosses face of sun on June 8

IT ONLY happens once every 110 years, but on June 8, Venus will cross the face of the sun.

The Venus transit will be visible from much of the planet, including the Philippines and most of Asia.

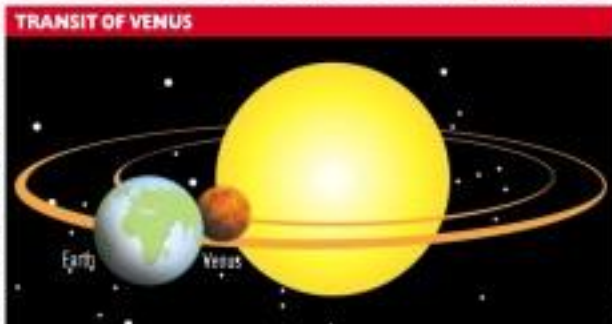
If you get to bed early and turn on the lights, you will see Venus.

The Venus transit will be visible from much of the planet, including the Philippines and most of Asia.

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A rare sky show, a celestial spectacle called a transit of Venus will be visible from much of the Earth.

Slain OFW wished to see son through college

By Blanche B. Brown, Blanche B. Brown and Yolanda Cruz

HE WISHED to see his son through college. He wanted to see his son through college.

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Prosecutors to jinggo: Not so fast

NOT so fast, says Duterte

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Studes protest DepEd plan

By Don Z. Pertierra

THIRTY high school students yesterday went in unity to the Department of Education, with a petition protesting the implementation of the controversial "bridge program" in June.

Wearing placards and chanting slogans, 30 members of the League of Filipino Students high school made good on their promise to stage protest rallies in the DepEd main office in Pasig City.

They denounced as "unconstitutional" and "preposterous" the DepEd's plan to exempt about 700,000 incoming public high school freshmen to go through a one-year "bridge program" before entering regular high school.

The number represents half of the 1.4 million incoming high school freshmen who would not make the cut based on the 60-percentage cutoff in the high school freshmen Test given on May 24.

"Students and parents should not be punished for the government's neglect in raising

the quality of public education," said Gloria de Vera, a third-year high school student in Quezon City who heads LFS-Rigodon.

She also said the additional year in high school was an "years burden, especially if students would be forced to enroll in private high schools."

She said they would gather one million signatures from students and parents and will present them to DepEd officials to show the unpopularity of the "bridge program."

Undersecretary for Legal Affairs Jose Luis Garcia tried to meet with the protesting students who at first balked at talking to him.

Garcia said those who bridge program would raise the quality of high school education. "DepEd's role" had shown that because of 10 incoming freshmen in the public schools had not mastered their elementary subjects.

"This will help them so they could handle the rigors of high school," said Garcia, adding that the DepEd would implement the bridge program despite risk from parents, teachers and students.



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SCHOOL, 2010-2011
 Grades 1-5: Current School
 Grades 6-7: Offshore School
 Grades 8-12: Offshore School

Vigilantes kill boy as they resume reign of terror vs crimes

DAVAO CITY—Four persons, including a 12-year-old boy, were killed by vigilante-style gang members over the weekend here, in what could be a resurgence of vigilante-style killings.

The latest victim was a "big eye" member who was among the seven who threatened to kill the city mayor if he did not order the police to stop the vigilante-style killings.

Four Anti-Terrorism Planning Units with friends Saturday night in Marikina, Marikina, when a group approached him and shot him in the head.

The suspect immediately fled a meeting rooming house.

Kilos and Anti-Terrorism Planning Units were also seen in Marikina, where they were seen in the police station.

Arrests
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In Marikina, where they were seen in the police station, the police were seen in the police station.



Team and some of the police who were seen in the police station in Marikina, where they were seen in the police station.

'Jueteng' rampant again, says bishop

DAVAO CITY—Lingayen-Dagupan Archbishop Oscar Cruz, a leading crusader against the illegal numbers game "jueteng," yesterday said the game is rampant again in the country and candidates who were in the recently concluded elections were exposed to either tolerance or protest.

Cruz also challenged Governor Honorable (Honorable) Honorable Oscar Cruz, a leading crusader against the illegal numbers game "jueteng," yesterday said the game is rampant again in the country and candidates who were in the recently concluded elections were exposed to either tolerance or protest.

However, Cruz lamented that before, during and after the elections, "jueteng" had resumed operations with a vengeance with lot customers again busy and the casinos now more rampant.

It was only Duterte who was able to stop the illegal numbers game, Cruz said, adding that the way the treasurer was taking him to the government.

Housing plan has no funds to use for GMA, says exec

MANILA—The money for housing program of the government is not enough to use for GMA, says an executive.

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Squabbles hit camp of Lapid

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Winning mayor bet

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Lumad army claims abducting DENR men over 'rape' of forests

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METRO

Editor: Alexander S. Usona

Homemade fake money

By Lella B. Salaveria

THE PROGRESS of technology has made it easier to produce higher-quality counterfeit money right at home, in case in the remote and of two houses in Valenzuela that yielded counterfeit and printing equipment plus P400,000 worth of fake bills bearing the signatures of Benigno Aquino III and Corason Aquino.

The raid was conducted over two sessions by agents of the Na-

tional Bureau of Investigation's Anti-Fraud and Computer Crime Division and also resulted in the arrest of three people.

Nabbed on the spot were couple Rodolfo Dela Cruz, 50, a meat and vegetable vendor, and his wife Rose, 30, and Rodolfo Dela Cruz, 47. All three reside at the rented house on No. 7 de la Cruz Street in Valenzuela. Dela Cruz also runs the other rented house at San Jose Hills in Marikina.

All three, who have been charged with helping treasury or-

ganizations, denied involvement in the counterfeiting operations. Dela Cruz told reporters that the business bills found were just created from him by a certain "Mig" shortly before the arrests.

The suspects absconded. They do not know how to use computers.

The raid was conducted on the basis of a search warrant issued by Executive Judge Romeo Singson of Branch 172 of the Valenzuela Regional Trial Court, which has jurisdiction over the complaint.

obtained upon the complaint of the Bangko Sentral ng Pilipinas.

Seized in the raid were fake bills in P100, P200 and P500 denominations, two sets of President Aquino's signature, 107,355A printer and Canon color electronic stamps bearing the faces of people in Philippine currency, bottles of ink, pads, a special raster paper imported from America and microcomputer light machine.

The equipment was worth around P100,000. Investigation continued.



LGAT/TCU and FBI inspect 107,355A printer and the seized bills seized from the raids and the arrested suspects.

You can spot the fake bills

HOW CAN ordinary people tell a counterfeited bill from a real one?

A handbook provided by the Bangko Sentral ng Pilipinas advises the public to check a bill's features, such as the texture of the paper. The book says that the genuine bill is printed on special paper that feels rough to the touch.

The Philippine paper bills also contain, among others, a watermark, and blue security fibers, a security thread, which is a rope-like fiber that is built up against the light and embedded security threads which look like snakes on the face of a bill and shows a hint of the bill's numerical value. The embedded security threads are found on the improved version of the P100, P200, P500 and P1,000 bills.

The handbook also states that the serial numbers of the genuine bills glow under ultraviolet light. The serial number is composed of one or two prefix letters and six or seven digits. A bill with an "F" digit as a number is a specimen bill and not a genuine bill.

Real bills also have fluorescent printing, which glows under ultraviolet light.

Lella B. Salaveria

He used the wrong cell phone

WHEN A cellular phone that was not his proved to be his fatal for him, man received

Martin Gomez, 27, of Marikina City, General Hospital, a 400-watt was found in the left side of his body.

Police are now looking for Victor Galindo, 25, a factory worker, who quickly fled after the killing.

The shooting incident happened in the victim's home, which he shared with the suspect. Galindo saw his uncle using his cellular phone and shot him.

The argument involving workers, Galindo shot a bullet and killed Gomez. The police

Coria sets up clash with Moya

TORONTO—The former Guillermo Coria finished the year without the French Open, on Sunday without breaking even while Moya continued long. The Spaniard had to battle down to the wire to make the last eight for the first time.

Thomson Coria, the top-ranked player left after the defeat of Roger Federer and Andy Roddick, won leading Nicolas Pietrangeli, 6-4, in his fourth round match when he dropped an aces with an injured shoulder after just 20 minutes.

the new grass on the 1981 champion Coria Moya who won the Spanish Open in 1999. Coria, 28, is the women's first French Open champion since 1999. He is the first French Open champion since 1999. He is the first French Open champion since 1999. He is the first French Open champion since 1999.

Coria, who now has a day rest record of 40 wins in his last 40 matches, said he was surprised that Federer gave up.

Dramatic contrast

In a dramatic contrast, Moya needed three more hours than Coria to win his first round match in the tournament and saved a match point for Federer. Federer's last hope Moya's defeat after 4 hours, 11 minutes on the court.

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Longshot Scot tops Volvo tilt



DRUMMOND with his Volvo PGA trophy.

It's Annika by 2

OSHELTON—New York—Annika Sorenstam fired a four-under-par 68 Sunday to win the Volvo PGA Championship.

Sorenstam started the day on a high note by leading the Volvo PGA Championship.

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Antonio paces Bangkok meet

STUTTGART—German boxer Antonio J. de la Cruz won the Bangkok meet.

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DETROIT Pistons (left) and Indiana Pacers during the first moments of their Game 2 victory over the Pistons.

UST volleybelles eye solo lead vs Lyceum

MANILA—The U.S. Team Volleyball (UST) will face the Lyceum team in the first round of the 2004 FIVB World Cup.

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Pistons march closer to finals

INDIANAPOLIS—The masked man dubbed "Jazzie" by Reggie Miller put the Detroit Pistons within one victory of the NBA Finals.

Richard Hamilton scored a career playoff high 31 points, 12 of them coming in overtime, as the Pistons took the lead for good in a 80-65 victory over the Indiana Pacers on Monday night for a 2-2 tie in the Eastern Conference Finals.

In another game dominated by defense, Hamilton did almost all his scoring before the third quarter was over. First three, Richard Hamilton scored 10 points in the first quarter.

The series now returns to Detroit for Game 4 on Tuesday night, the Pistons having a chance to make it a three-game sweep for the first time since 1990.

"We're excited," Hamilton said. "There's no pressure placed on me to score a lot."

Pacers coach Reggie Miller said the only Pistons player besides Hamilton to reach 30 points was Reggie Miller.

Miller held the injury-riddled Pacers to 22 percent shooting and won a decisive victory over the Pistons in Game 3 on Sunday night, the Pistons having a chance to make it a three-game sweep for the first time since 1990.

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HAMILTON Came off high 11 points, 10 rebounds.

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Late nights
 have never been
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Editor Paul D. Mercado
Assistant Editor Corrie S. Nakano

Gov't urged to cut workforce by 5-10%

By Michelle V. Rivera

THE GOVERNMENT needs to trim down its workforce by about 5 to 10 percent if it were serious in arresting its gaping budget deficit.

According to investment bank and research firm, Horwath & Co. Inc., cutting additional services would not be enough for the incoming administration to solve the deficit problem—the national government had to reduce its “human” cost service, which was estimated to over a million.

Now, Horwath and the government would save much less by letting go of a substantial number of public employees, some of whom the government agencies could operate without. It said the savings could be used to help finance government infrastructure projects, which amount for a significant share of overall expenditures.

As of April this year, the government's expenditure for personnel services, which include salaries of government employees, stood at P87.89 billion. It was the third largest expenditure of the government following operating expenses and interest payments.

The government's total expenditure for the first four months of the year, which reached P555.13 billion, resulted in a P93.47 billion deficit for the period. Personnel for

the January to April period reached P228.46 billion.

The government expects its deficit to reach P257.4 billion this year.

The Department of Finance has been vigilant of the need to rein in the government's workload. The DCF earlier issued a proposal to streamline government agencies, including government-owned and controlled corporations, although no concrete action has yet been made.

But, Horwath and consulting savings was important for the government as it continued to battle, specially in the area of infrastructure. It noted that the government has been deferring payments to contractors just as it could keep

its deficit within target.

"To get this collecting payment last year as well, and had to make up payments to the contractors in the second half of the year, leading to an expansion of monthly budget deficits in the second half," said Roda. Horwath is an Israeli paper on the Philippine economy.

The firm said it expected the government to again resort to deferring infrastructure payments in the first half of this year. It added that managing the budget in the second half of the year would be a gauge of President Macapagal-Arroyo's determination to solve the deficit problem, which has been cited by critics as one of the major drags to the economy.

FOREIGN CURRENCIES

USD-PESOS: 60.25 (100)



USD-PESOS: 60.25 (100)
As of June 1, 2004

USD-PESOS: 60.25 (100)
As of June 1, 2004

GOLD: \$394.79 (100g)

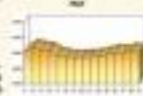
As of June 1, 2004

Stocks and lower on political worries

SENSEX fell 100 points to close lower yesterday for the first time in over a month. The decline was attributed to concerns over the government's decision to start the official count for presidential elections after the election.

Traders said the market was off-balance ahead of the expected hike in oil prices and the global oil market's recovery from the recent downturn in oil prices. Such a move could weaken local interest rates and result in higher corporate borrowing costs.

PER COMPOSITE INDEX



See stock market report on Page B1

07/000000

FedEx extends Subic lease to 2010

FedEx Express, the world's largest express transportation company, has extended its lease for its Asia Pacific hub at the Subic Freeport for three additional years to 2010, which expires in 2007.

The Subic facility is the largest in express hub in the region and represents one of the company's most important investments.

FedEx is also considering an expansion of its operations in China.

The company's lease for the Subic facility is the largest in express hub in the region and represents one of the company's most important investments.

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The company's lease for the Subic facility is the largest in express hub in the region and represents one of the company's most important investments.

Just yesterday, FedEx signed a five-year agreement with the Philippine Airports Authority to expand its operations for growth in the dynamic port of the world.

"Our outstanding performance across the region and exceptional results in China indicate that we are confident of our ability to support our

performed growth," said David L. Cunningham, Jr., president of FedEx Express, Asia Pacific division. "Therefore, we have signed an agreement with Philippine Airports Authority to expand our operations with the Subic airport in Subic Bay, which is a potential future hub location."

Ecozone exports jump 32.8%

By Rapunzel H. Domingo

ECZONE, export company from the country's economic zone, in the first four months of 2004, posted a 32.8 percent increase in exports from \$1.4 billion to \$1.86 billion in the same period last year, according to the Philippine Economic Zone Authority.

At the same time, the number of jobs within the economic zone up by 14.7 percent to 108,000 from 94,000.

Phil Statistics showed that the four public economic zones added a total of \$2.2 billion in shipments from January to April, an increase of 7.2 percent from \$2.04 billion a year ago.

In the first four months, the Regal City economic zone reported \$956.4 million worth of products, the Liloan economic zone \$122 million, the Marikina economic zone \$206.2 million, and the Batangas economic zone \$144.2 million.

The private or special economic zones (SEZs) shipped a total of \$1.7 billion worth of products, an increase of 42.3 percent from \$1.2 billion in January-April last year.

The top five SEZ operators were Laguna Technopark Inc. at \$24.4 million, Century Business Park, \$14.1 million, Apple Tech Park, \$11.4 million, Techpoint at Science Park II, \$10.6 million, and Corbin Techpoint, \$10.1 million.

Information technology parks and build-ups earned \$50 million in exports, an increase of 44 percent from \$34.7 million.

The top five IT build-ups and parks in January to April were: Bataan City Cyber Park at \$13.2 million, BCB, Plaza Information, \$11.3 million, Pacific Information Technology, \$7.3 million, The Enterprise Center, \$6.4 million, and i-Space Information Technology, \$3.6 million.

Finance bucks tax perks for shipping

By Michelle V. Barua

THE DEPARTMENT OF Finance, faced pressure to allow the government's budget problems, is opposing moves to extend for another 10 years the income tax exemption of those engaged in shipping.

The DOF has been doubtful on the effectiveness of tax incentives in helping modernize the country's overgrown shipping industry.

It said that during the recent the industry had been enjoying income tax exemption, it failed to show signs of modernization, such as the purchase of new fleet or substitution of older vessels.

Despite government support, the industry has continued to lag behind compared with foreign counterparts, the DOF said.

"We believe that the long period when exemption has been granted to income tax-exempted vessels is outdated, but at the same time, we think that the industry is beset with problems that cannot be solved by income tax exemption," the DOF said in a position paper.

The tax exemption granted to overseas shipping firms under the Philippine Overseas Shipping Act (P.O.S.A.) of 1970.

There are two pending bills in Congress aimed at modernizing the maritime industry by broadening the scope of the exemption.

The DOF and the proposed to extend for another 10 years the tax exemption on shipping vessels, only to make it more effective.

The DOF said that the exemption would only result in millions of pesos worth of revenue loss without any assurance that the industry is developing the way it would be.

It said, however, that should Congress pass the proposed to extend the income tax exemption, the extension should only be for a shorter time period.

Napocor signs P647-M deal with Marubeni

By Abigail L. Re

THE PHILIPPINE National Power Corp. has signed a \$1.27 billion pre (about P647 million) agreement with Japanese firm Marubeni Corp. for supply and installation of a new 2,000-Mw geothermal power plant complex in Marikina.

The agreement, which will serve as a supplement to an existing supply and installation agreement, is being entered into by the Marikina plant.

Under the supplemental agreement, Marubeni will provide a new switching station 2 of the 2nd plant, including, control cable and other materials not covered by the original contract.

It will also replace these materials and equipment when they become obsolete due to the advance in plant technology.

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PSBank

Deposit

Deposit Amount (in period)	Term	Current Interest Rate (%)
100,000 - 200,000	12-60 days	5.25
200,000 - 400,000	61-90 days	5.75
400,000 - 600,000	91-180 days	6.25
600,000 - 800,000	181-360 days	6.75
800,000 - 1,000,000	361-720 days	7.25
1,000,000 - 2,000,000	721-1440 days	7.75
2,000,000 - 5,000,000	1441-2880 days	8.25
5,000,000 and up	2881-5760 days	8.75

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Editor: Chelsa Bernal-Fernandez



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Avoiding injuries in step aerobics



THE THREE most common types of aerobic classes (step, kickboxing and high-impact) have unique safety guidelines that all exercisers should know.

put most of your body weight on the foot that is in contact with the floor. Thrust your Achilles tendon for keeping your body weight

MOVING ON

WELL AND GOOD



Tina Juvay

you know the reason.

Stepping too far behind the heels. Step down one clear length from the heels. Stepping too far behind will make you lean forward, putting extra stress on the Achilles tendon, causing you the still makes it back of your foot. This stress is worse if you move rapidly.

Stepping up and down on the balls of your feet. If you step up or down on the balls of your feet, it can throw you off balance and cause the arch of your foot. It can also result in a strain of the arch of your foot. If you step up with a flat foot and step down on the ball of the foot, rolling onto the heel, avoid stepping up and down with a heavier foot pattern.

Excessive "pounding." On both the step and the floor, step lightly and with control. Instead of "pounding," it's more up and down. Step involves a low, not high-impact action. It involves pounding, not high-impact action. It's a low-impact action.

Raising your heels over the edge of the track. This causes muscle imbalances. The Achilles tendon and entire the foot and calf muscle, already mentioned. The good technique is usually caused by stress that it can be going participants are enough time to get their whole foot on the step.

A breath that is too high

Breathers step in length from 4 to 6 inches. A breath that is too high will eventually give you chronic knee problems. What is the right height depends on the length of your thigh bone and tibia/fibula bones. If you know advanced, put your toes as you step up, the heels will be higher for you.

Improper shoes. Aerobic and non-aerobic shoes are best for step aerobics because they have cushioning in the forefoot area, a wide heel for more than stability, and no support. It is the best to take the stress off the Achilles tendon and calf. Running, just, and casual rubber shoes can lead to injuries.

Make down fast. It is difficult to step only a foot properly when you go beyond 1.50 body a minute. The knees are unable to extend completely, which can lead to knee-joint problems. To check the most speed, count the number of breaths you make.

Vigorous warm-ups. Warm-ups that are too fast and too intense can put you at risk of injuries before you even start. Muscles subjected to vigorous movement before being warmed up are more likely to develop joint sprains. A proper warm-up should include the stepping action but at a much lower intensity.

Check for too advanced. If you are new to step aerobics, an advanced class with complex choreography can be dangerous because you can fall off the back. If it's too advanced, try the more step classes first—30" x 30" (step) and 30" x 30" (step) and you know the stress and on safety do them.

Improper "pumping" and "pumping." The Achilles tendon is stretched rapidly and repeatedly during "pumping" and "pumping" it can

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of the
year.

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LIFESTYLE

EXERCISE OF THE WEEK

Step bench backward lunge



Opportunity knocks but once.



JOB

Market

Should I leave? Tossing up with the 1994-95 market, I'm looking for a new challenge.

STRENGTHENS the biceps, forewings (back of the right) and quadriceps (front of the right). This exercise is challenging because all the weight is placed on one leg. It also requires balance.

Ergonomics

They would like bonds (as alternative to loans) in the bottom step of your stack (see 1).

Kazuo Inoue

1. Lie on top of the bench with your feet slightly apart.
2. Jump backward with your right leg as you simultaneously reach forward with both arms.
3. Go back to starting position by contracting the muscles in the leg that is on the bench.
4. Do the desired number of repetitions. Next, do the other side.

Journal of Management Education 33(10)

1. On the leg that remains on the bench, avoid bringing the knee past the toe at any time (backseat).
2. Do not lean on your torso and the foot you should bring the knee of the hanging leg. Instead, lean on hanging your bottom.
3. The weight of your body should be kept over the leg that remains on the bench. Use the hanging leg simply to balance by touching the foot only with the balls of the foot.

Support Manager

The right to 10 repetitions per leg, first. In another act of your quest to do another option is to do alternating repetitions...first the right leg, then the left. This is considered one set.

Avoiding injuries in step aerobics

Source: <http://www.fishbase.org>

over the supporting leg on the bench and twisting the knee lightly with your back leg pulled into the flexed-leg stance.

Introduce plant forms. If the instructor is overwriting and landing across while hopping, he uses a twist and turn as you hop so your foot is not left on the bench as you turn. You will hear your knee if you are while your knee is on the bench facing one direction while your knees are facing another.

"Bluffing" reverses roles. It comes in to play when you run at the bank with your back to it so you don't see where you stop. This is almost the old of bluffing. If the banker is on an inverse turn, will know that Gin Miller, instead of stop needles, and other examples of the new science of inverse play.

Too many tight shins. Doing only any stretching every day can cause excessive injuries to the lower joints. Always mix other forms of activity. Knee-strengthening exercises are a must. Be sure you doing lots of step classes. Ask your instructor to demonstrate a few.

Anatomical quirks. If you have wide hips, long legs, knock-knees or flat feet, your knees are more vulnerable to injury because they are not properly aligned. Ask a sports medicine doctor or physical therapist for advice.

You are also more prone to knee injuries during step aerobics if you are overweight. Each pound of bodyweight puts 4 pounds of pressure on the kneejoint. If you are 20 pounds overweight, you are putting an additional 80 pounds of pressure on your knee. Use a 4-inch bench and do only one or two step classes a week until you shed excess pounds.

Belly dance your way to a fit, sexy body

Then-and-photos by Ben Forman

If facilitators have been teaching you to move in a certain way, belly dancing is a whole new world. You're not just learning the moves; you're learning the way to move. It's a lifestyle, not just a dance.

Behind the exotic costumes, scarves, and veils are some of the most beautiful dancers in the world. And they're not just belly dancers.

Considered a low-impact exercise, belly dance is suitable for women of all ages, shapes and sizes. In fact, belly dance is a great way to lose weight and tone your body.

It's a low-impact exercise, but it's also a great way to lose weight and tone your body. It's a low-impact exercise, but it's also a great way to lose weight and tone your body.

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PREGNANT instructor Lila Ben-Daghighian says belly dancing is a healthy way to exercise in her daughter-for-son-Joshua's class.

and don't should mean, not the move or the pose.

Although wearing accessories like hip scarves with bells and veils isn't required, it does help you to feel like a belly dancer.

Belly dance movements consist of jiggling, wiggling, swaying, shaking, twisting and gyrating. A lot of focus is put on the hips, waist, thighs, belly and arms.

Full body workout

In the "belly 40" class, you'll get a full body workout and burn about 400 calories.

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making a seductive and playful use of you that you may not have experienced before. Ben-Daghighian says she teaches these moves to her students, but she's not just a teacher; she's a dancer.

Ben-Daghighian has been teaching and choreographing belly dance for the past six years. She has been teaching belly dance for about a year. And she's not just a teacher; she's a dancer.

After working in the fitness industry for the last six years, Ben-Daghighian moved to Los Angeles to teach belly dance. She's been teaching belly dance for about a year.

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COME NEW

WITH YOU

Overworked immune systems get help

By Linda R. Balle

THE BEST way to be a healthy person is to be a healthy person. It's not just about eating right and exercising. It's about taking care of your immune system. And that's where probiotics come in.

Probiotics are live bacteria that help your immune system. They're found in yogurt, kefir, and other fermented foods. They can help you fight off infections and keep your immune system healthy.

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CHIEF OF MEDICAL SERVICES AND PHARMACY, Dr. Robert L. Kohn, and Dr. Robert L. Kohn.



CHIEF OF MEDICAL SERVICES AND PHARMACY, Dr. Robert L. Kohn, and Dr. Robert L. Kohn.

from exposure to bacteria, to strengthen a weakened immune system, to help with allergies, and to help with other health problems. It's a natural way to keep your immune system healthy.

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Three cheers for underwater hockey!

By Freda R. Beyer

WHAT is the world's underwater hockey?

Like most sports, it's considered hockey. It's played in a pool, and it's a lot of fun. It's a great way to stay in shape and have fun.

Underwater hockey is a sport that's played in a pool. It's a great way to stay in shape and have fun. It's a great way to stay in shape and have fun.

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THE PHILIPPINE Underwater Hockey Confederation celebrated that participation in the world's championships in New Zealand.



THE RP team takes a breather.

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The opening ceremony of the 12th annual World Championships in New Zealand was a great success. The Philippines team did well and won several medals.

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